

CLIENT SHOPPER

Personal Trainer Evaluation

Note to Client Shopper: Please read through this evaluation form beforehand so you are familiar with the criteria. Be sure not to let anyone know you are evaluating them. Complete this evaluation form immediately afterwards so you can provide very specific comments and examples. Return the completed evaluation form in a sealed envelope addressed to Sherri McMillan.

Client Shopper: _____ Phone Number: _____

Personal Training Session Date/Time: _____ Personal Trainer: _____

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| 1. Was your trainer on time for your session? | YES | NO |
| 2. Did your trainer greet you warmly at the start of your session? | YES | NO |
| 3. Did your trainer ask you about how your body was doing today? | YES | NO |
| 4. Did your trainer inquire about your workout or homework adherence and progress towards goals? | YES | NO |
| 5. Did your trainer appear organized, prepared and have a plan for today's workout? | YES | NO |
| 6. Was your trainer dressed appropriately (athletic, professional, NWPT uniform)? | YES | NO |
| 7. Did your trainer explain the format of your workout and what you could expect? | YES | NO |
| 8. Did your trainer teach an adequate warm-up (low intensity/low impact) for 5minutes? | YES | NO |
| 9. Did your trainer offer options and modifications for movements when needed? | YES | NO |
| 10. Did your trainer regularly provide postural and technique alignment cues? | YES | NO |
| 11. Was the workout challenging but realistic? | YES | NO |
| 12. Did the workout appear to be well balanced? | YES | NO |
| 13. Did the workout seem safe? | YES | NO |
| 14. Was the workout creative, dynamic and fun? | YES | NO |
| 15. Did your trainer give you an adequate cooldown and stretch? | YES | NO |
| 16. Did your trainer offer regular and appropriate eye contact? | YES | NO |
| 17. Did your trainer personally spot and adjust your technique? | YES | NO |
| 18. Does your trainer stop you if you are performing an exercise incorrectly to re-adjust technique? | YES | NO |
| 19. Did your trainer have their focus and attention on you? | YES | NO |

20. Did your trainer offer regular positive feedback, specific praise and regularly acknowledge your successes? YES NO
21. Was your trainers' cueing and instruction effective? YES NO
22. Did your trainer use verbal, visual and kinesthetic cueing techniques? YES NO
23. Did your trainer take notes regularly throughout the session? YES NO
24. Does your trainer introduce you to other clients and foster the development of friendships and community? YES NO
25. Did your trainer provide educational fitness facts and information? YES NO
26. Did your trainer announce upcoming events and encourage your participation? YES NO
27. Did your trainer finish the session on time? YES NO
28. Did your trainer have you sign in at the end of your session? YES NO
29. Is your trainer approachable, personable, positive and appear to be happy to be at NWPT? YES NO
30. Does your trainer answer your questions professionally? YES NO
31. Do you feel your trainer clearly explain exercises, drills, muscles involved and benefits? YES NO
32. Does your trainer only ask you to do things you are comfortable doing? YES NO
33. Does your trainer communicate well with you? YES NO
34. Does your trainer oversee your entire health and fitness program? Ie. Explain to you what you need to do outside of your sessions with them, Nutrition guidance, Goal Setting... YES NO
35. Does you trainer regularly reassess, monitor progress and make program updates at least every few months? YES NO
36. In the event you have had to work with another trainer in the past, did your current trainer provide the substitute trainer with adequate instruction so they were aware of your abilities/limitations? YES NO
37. Do you feel your trainer remembers things that you tell them? YES NO
38. What was your impression of this workout?

39. Is there anything that your trainer could be doing differently to service you better?

40. What benefits have you achieved by working with this trainer? Are you achieving your goals?

41. Will you continue working with this trainer? YES NO

42. Would you refer a friend to this trainer? YES NO

SCORE: _____ (total yes scores) / _____ (total possible scores) = _____ %

STRENGTHS:

AREAS FOR IMPROVEMENT:
